

# Healthy Child Care



Summer/Fall 1998

Missouri Department of Health • [www.health.state.mo.us](http://www.health.state.mo.us)

Volume 1, Number 2

Governor Carnahan's Top Priority Signed into Law -

## Health Coverage for Uninsured Children



On June 10, 1998, Governor Mel Carnahan signed into law SB 632 which expands Medicaid coverage to uninsured children under the age of 19 from families with income up to 300% of the federal poverty level. The program will extend coverage for up to 90,000 uninsured children.

This legislation, Carnahan's top priority for the 1998 legislative session, will help provide affordable health insurance coverage to the tens of thousands of uninsured

children in Missouri. Carnahan called the passage a *big victory* and one of the most important pieces of legislation passed while he was in office.

To be considered uninsured, a child must have been without access to health care insurance for six months prior to application. A five dollar copayment is required for eligible families between 186% and 225% of the poverty level. For families between 226% and 300% of the poverty level, premiums and copayments will be based on comparative payments under the Missouri consolidated health care plan. (*See chart below.*)

Eligibility will be determined by an application process, with application forms distributed by county Division of Family Services (DFS) offices. Applications are

also available by calling 1-888-275-5908. Applicants may also call this toll-free number to ask questions regarding eligibility and the application process.

Applications for children are currently being accepted. Services will begin in September 1998. In areas where MC+ is operational, individuals must enroll in a MC+ plan in the area.

The expansion also provides health insurance for some uninsured adults. Enrollment for adults will begin in 1999.

### Inside This Issue

<b>Coverage Levels</b>	<b>Maximum Annual Income per Family Size</b>			
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
NO-COST	\$20,076	\$25,260	\$30,444	\$35,616
\$5/Visit	\$24,420	\$30,720	\$37,020	\$43,320
\$65 Month Premium, \$10 Visit, \$5 Prescription	\$32,556	\$40,956	\$49,356	\$57,756

This information provided by MO Department of Social Services, PO Box 1527, Jefferson City, MO, 65102, 573-751-4815

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# Using and Handling Toothbrushes

Toothbrushing is a lifelong preventive habit important to maintain oral health and prevent tooth decay. Toothbrushing in the child care setting helps children to develop this habit. To brush teeth properly and to prevent infections from spreading from germs found in saliva and blood on toothbrushes:

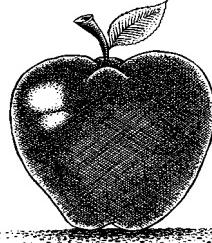
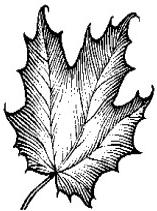
- Always supervise children when they are brushing their teeth.
- Make sure that each child has his/her own toothbrush clearly labeled with his/her name. Do not allow children to share or borrow toothbrushes.
- Apply (or have child apply) a pea-sized amount of fluoride toothpaste to a toothbrush.
- Instruct each child to brush his/her teeth and then spit out the toothpaste.
- Using a paper cup, each child should rinse his/her mouth out with water. Dispose of the cup.
- Store each toothbrush so it cannot touch any other toothbrush and allow it to air dry.
- Never “disinfect” toothbrushes. If a child uses another child’s toothbrush or if two toothbrushes come in contact, throw them away and give the children new toothbrushes.
- If a child uses the toothbrush of another child that is known to be ill or have a chronic bloodborne infection (such as Hepatitis B or HIV), parents of the child who used the ill child’s brush should be notified.
- Replace toothbrushes every 3 to 4 months or sooner if bristles have lost their tone or are splayed out in different directions.
- Never allow children to walk or run around with a toothbrush in their mouths.



SOURCE: from The ABC's of Safe and Healthy Child Care, an online handbook for child care providers. Check out [www.cdc.gov/ncidod/hip/abc/abc.htm](http://www.cdc.gov/ncidod/hip/abc/abc.htm).

A handwritten signature in black ink, appearing to read "Dental Health Bureau".

Contact the Health and Safety Nurse Consultant at your local public health center for additional training and information regarding dental health or call the Bureau of Dental Health at 573-751-6247.



### Low Fat Apple Crisp

4 1/2 cups apples-peeled, cored and sliced  
2 Tbsp sugar  
1 Tbsp lemon juice  
1/4 tsp cinnamon

### Topping:

1/2 cup rolled oats  
1/4 cup brown sugar  
3 Tbsp margarine  
1/4 cup flour  
1/2 tsp cinnamon

Combine first four ingredients in greased 8x8x2 pan. Mix oats, flour, sugar, and cinnamon together. Cut in margarine until crumbly. Sprinkle on top of apples. Bake at 350° for 45 minutes. Cut into 9 squares. (Each serving provides 1/2 cup apple.)



## Ten Ways To Serve Apples

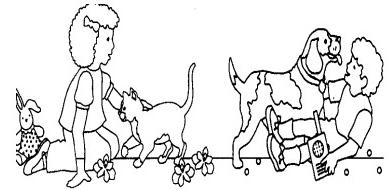
Apples and fall weather seem to go together. Since apples are in season in the fall, their prices usually drop. This time of year makes apples an ideal menu item. To make apples more exciting, here are ten different ways to serve them.

1. Apple crisp! (With ice cream or frozen yogurt - yum!)
2. Applesauce. Make your own. This could be a great food activity.
3. Apples and peanut butter for snack. (A child care standby (probably because kids love it!) Try coring the apple and stuffing it with peanut butter.
4. Baked apples.
5. Apple pancakes. This is really simple, just substitute applesauce for half of the liquid.
6. Applesauce muffins.
7. Apple tree shake. For 12 servings, blend 3 cups plain low-fat yogurt, 3 cups apple juice and 6 medium bananas in a blender. (Each serving provides 1/4 c. yogurt, 1/4 c. apple juice and 1/2 medium banana.)
8. A whole apple for after-schoolers snack. One small apple provides 1/2 cup of fruit. (The USDA defines a small apple as about 2 1/2 inches in diameter.)
9. Apple pie. If you use commercially prepared pie filling, 1/2 cup equals 1/4 cup of fruit.
10. Fresh fruit salad. Use children's three favorite fruits: apples, bananas, and oranges cut into bite-sized pieces rather than chunks.

Use caution when serving raw apples to young children. Chewing skills are usually developed around age four. Caregivers should be aware of individual differences among all children and accommodate their needs by peeling, coring, dicing and/or cooking raw apples as necessary.

## **Pets can be fun and educational,**

# **...but caregivers need to know potential risks!**



**Bites.** Pets can transmit from 30 to 40 infectious diseases to humans. Bites from dogs and cats are the most commonly reported injuries. Cat bites are more likely to cause infection because they produce puncture wounds that bury germs deep in skin tissue. Ferrets, classified by the Centers for Disease Control and Prevention (CDC) as wild animals, are attracted to the smell of milk and can injure children who have milk around their mouths.

**Bacteria.** Children can suffer from stomach upsets, diarrhea, and vomiting due to transmission of bacteria from infected dogs, cats, birds, and farm animals. The bacteria animals are most likely to transmit to humans is salmonella. Many reptiles, like iguanas, snakes and turtles, are carriers of salmonella and pose the greatest risk to children.

**Parasites.** Cryptosporidium and giardia from infected animals can cause diarrhea in humans. Dogs can spread hookworm, heartworm, and tapeworms to humans via the fecal-oral route. Ring worm can be passed from guinea pigs and rabbits.

**Rabies.** Wild animals like raccoons, skunks, bats, and foxes are the primary source of rabies.

**Leptospirosis.** Dogs are the most common source of leptospirosis, a flu-like infection that is spread by contact with the urine of an infected animal.

**Diseases from Cats.** Cat-scratch disease, usually transmitted by kittens, causes fever and swollen glands. Another cat-associated infection is toxoplasmosis, a particular hazard to pregnant women because it can cause serious congenital infection, miscarriage, or stillbirth.

**Diseases from Birds.** Sick birds may not display symptoms for weeks or months but still spread diseases such as psittacosis, a prolonged lower respiratory illness. Baby ducks or chicks may carry salmonella and campylobacter.

**Disease from Fish.** Cleaning a fish tank may expose someone to mycobacterium marinum that lives on fish and in aquariums. It can cause an infection on the skin that can last a long time.

**Allergies.** Many children are allergic to animal dander, a particular problem for children with asthma.

### **Protect children from injury with these rules:**

- Contact the Bureau of Child Care Safety & Licensure's or local health agency's environmental public health sanitarian for any requirements regarding pets in childcare.
- Make sure a pet is checked by a veterinarian. Know the animal's behavior and health hazards.
- Supervise all contact between animals and children closely.
- Do not let children have contact with animal excrement.
- Do not let children take food from an animal or disturb a sleeping animal.
- Do not let children interact with a mother animal or her babies while she is with them.
- Do not let children interact with an animal that is in a cage, pen, or tied up.
- Make sure children always wash their hands after touching or playing with an animal.

### **If an animal bites a child in your care:**

- Notify the parents at once.
- Get medical help if the wound is large or deep or is bleeding profusely.
- Use disposable gloves, and wash the wound thoroughly with soap and water.
- Control bleeding, elevate, and apply a clean bandage.

SOURCE: Synopsis of an *Early Childhood Health Link* article adapted in part from *Sizing up the Risks of Pet-Transmitted Diseases* by Russell W. Steele, M.D., *Contemporary Pediatrics*, September, 1997, and *Pets and Kids* by Susan Aronson, M.D., *Child Care Information Exchange*, May/June, 1997. *Child Health ALERT for Animals in Schools: What are the Risks of Infection?*, May 1998.

## Prevention and Control of Communicable Diseases

A Guide for School  
Administrators, Nurses,  
Teachers  
and Child Care Providers

The *Prevention and Control of Communicable Diseases* guide is available *FREE* from the Missouri Department of Health's Bureau of Family Health by calling 573-751-6215. Nurse Consultants may be sharing these with caregivers during a consultation visit. This is an excellent resource to use as a guide for ensuring the health of children in your care. It may also be used as a guide to establish policies for excluding children who are ill.

## Enhancement Grants Awarded

Enhancement grants are funded through the federal Child Care and Development Fund and targeted at improving the quality of child care facilities beyond the licensing standards for children age 13 and younger. In order to apply for an Enhancement Grant, the child care provider must be licensed or must have an application on file to become licensed.

Of the 1,192 grant applications submitted this year, 258 were awarded funds for either classroom equipment, playground equipment, training, accreditation and/or developmentally appropriate learning materials.

## Let's Play Dominoes!

The Bureau of Nutrition & Child Care Programs has free copies of the Nutrition Education Domino Game and booklet developed for elementary students. The game is played like dominoes on a gym floor or large open area. The concept of the game is teaching children which vitamins and minerals link with each food choice. To order, write: Bureau of Nutrition and Child Care Programs, P.O. Box 570, Jefferson City, MO 65102 or fax request to (573) 526-3679, please no phone calls.

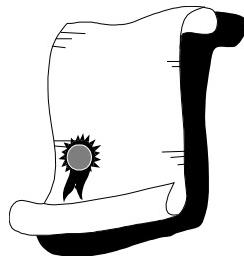


## Keep Track of Your Training

Individual Professional Development Record booklets are available for child care providers to keep track of their training, and professional development experiences. The record is divided into topics based on core knowledge and skills necessary to provide quality child care. There is also a section to record conferences or college courses, Child Development Associate (CDA) credential and accreditation activities.

The records are free and copies may be obtained from District Child Care Safety and Licensure offices or from Child Care Resource and Referral Agencies (R&R).

The Professional Development Record is one way the Department of Health wants to thank child care providers for their dedication and commitment to caring for Missouri's children.

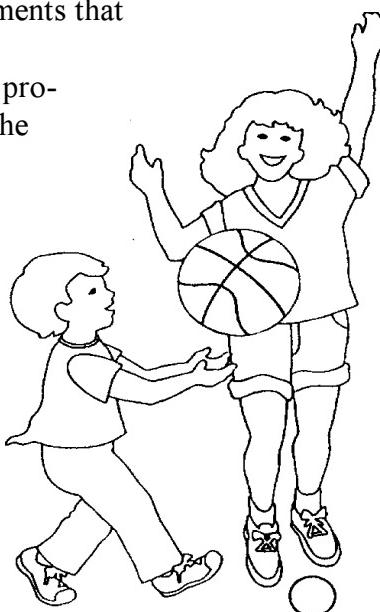


# Legislation Directs New Funds to the Child Care Community

Legislation passed by the Missouri General Assembly (House Bills 1519 and 1165) has important potential impact for early childhood care and education in Missouri. The legislation establishes an Early Childhood Development, Education and Care Fund "created to give parents meaningful choices and assistance in choosing the child care and education arrangements that are appropriate for their family."

This fund will be used "to support programs that prepare children prior to the age in which they are eligible to enroll in kindergarten,...to enter school ready to learn. All monies deposited in the early childhood development, education and care fund shall be annually appropriated for voluntary, early childhood development, education and care programs serving children in every region of the state not yet enrolled in kindergarten. The funds are to be appropriated to the departments of Social Services and Elementary and Secondary Education to provide programs through competitive grants to, or contracts with, governmental or private agencies" for start up and expansion of early childhood care and education programs. Preference may be given to programs that are designed to:

- increase capacity,
- target geographic areas of high child care need,
- include children with special needs,
- offer child care services during nontraditional hours and weekends.



Some of the funds appropriated to the Department of Social Services will be used to:

- increase reimbursements to *accredited* child care facilities serving low-income children.
- offer additional child care assistance (subsidy) to low income families.
- provide certificates to parents whose family income does not exceed 185 percent of the federal poverty level who wish to care for their own children (under three years of age) in their own homes. The certificates will enable these parents to take advantage of early childhood education programs. The Department of Social Services will be required to provide early childhood materials and information for these *stay at home* parents.

The law requires facilities that receive the Department of Social Services grants to comply with requirements to be determined by the Department of Social Services. Facilities awarded grants by the Department of Elementary and Secondary Education are required to become licensed through the Missouri Department of Health's Bureau of Child Care Safety and Licensure within one year of receiving the initial grant.

The Department of Elementary and Secondary Education and the Department of Social Services are required to provide public notice and information about the grant process to potential applicants. The earliest possible date funding will be available will be April 1999.

# Child Advocacy Groups and Resources

## Coalition for America's Children

1634 Eye Street NW  
Washington, DC 20006  
PH: (202) 638-5770

## National School-Age Care Alliance (NSACA)

Initiative designed to increase the capacity of child care providers to serve children with special needs.  
Linda Sisson  
PH: (617) 298-5018  
Email: Lsisson@nsaca.org

## KidsRate Campaign

For additional information, contact:  
Joyce Butler  
PH: (401) 351-5523  
Email: usaccare@aol.com

## Children's Defense Fund

A private, non-profit organization that advocates for poor, minority and special needs children.  
Website: www.childrensdefense.org

## The Association for Childhood Education International

Publishes *Childhood Education* (Biannually)  
Contains research strategies and research on the education of children, infancy through early adolescence.  
To subscribe, contact:  
17904 Georgia Avenue, Suite 215  
Olney, MD 20832  
PH: (800) 423-3563  
Email: ACEIED @aol.com  
Website:  
<http://www.udel.edu/bateman/acei>

## Healthy Child Care America Newsletter

Additional information contact:  
Laura Aird  
PH: (800) 433-9016  
FX: (847) 228-5097  
[www.ericps.ed.uiuc.edu/nccic/hcca](http://www.ericps.ed.uiuc.edu/nccic/hcca)



## The National Association for the Education of Young Children (NAEYC)

Publishes *Young Children* (six times a year). Consists of research and theory on the most recent developments in early childhood education with emphasis on classroom practice.  
NAEYC  
1509 16th Street, NW  
Washington, DC 20036-1426  
PH: 800-424-2460  
\$30 for 6 issues for non-members  
Website: <http://www.naeyc.org>

## Child Care Information Exchange

Contains useful information for program directors and staff. (six times a year) To subscribe:  
P.O. Box 3249  
Redmond, WA 98073-3249  
PH: (800) 221-2864  
\$38 for 6 issues  
Email: ccie@wolfenet.com

## Missouri Association for the Education of Young Children (AEYC-MO)

Dahna Willis, President  
709 Ruprecht  
St. Louis, MO 63125

## Feeding Kids Newsletter

Free electronic newsletter produced by a registered dietitian  
Website: <http://www.teleport.com/eversc/NFC.htm>  
Email: eversc@ohsu.edu

## American Academy of Pediatrics

141 Northwest Point Blvd.  
Elk Grove Village, IL 60007  
Email: laird@aap.org  
Website: <http://www.aap.org>

## Division of Child Support Enforcement

Child Support Helpline  
Phone: (800) 859-7999

## Division of Medical Services

*Medicaid Provider Relations*  
PH: (800) 393-8030  
*Recipient Services*  
PH: (800) 393-2161  
*State Children's Health Insurance Program:* (888) 275-5908

## Department of Social Services

*Child Abuse/Neglect Hotline*  
Phone: (800) 393-3738  
*Parental Stress Helpline*  
Phone: (800) 367-2543  
*Foster Adoptline*  
Phone: (800) 554-2222  
*Food Stamp Hunger-Line*  
Phone: (800) 392-1261

## Department of Health

PH: (573) 751-6400  
*Child Care Safety & Licensure*  
PH (573) 751-2450  
*Nutrition and Child Care Programs*  
PH (800) 733-6251  
*Health and Safety Consultation*  
PH: (573) 526-5344  
*TEL-LINK - Health Services referral*  
PH: (800) 835-5465

## Parent Link

Provides research-based information to parents, professionals and community members and helps them obtain and utilize resources they perceive as necessary for optimal youth development.  
Information Line:  
Phone: (800) 552-8522  
Columbia: (573) 882-7321  
Fax: (573) 884-4225  
Email: Mertensc@ext.missouri.edu

## For a copy of the Governor's Commission Report on Early Childhood Care and Education

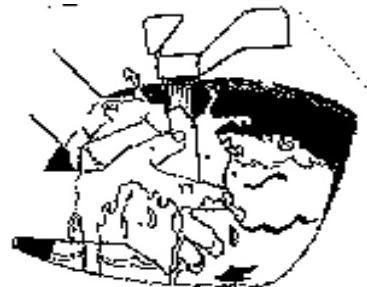
The Family Investment Trust  
3915 West Pine Blvd.  
St. Louis, MO 63108  
PH: (314) 531-5505

The Missouri Head Start - State Collaboration Office compiled this listing to address resources that may be useful for child care providers, program directors, and other professionals.

# The Water is Too Hot!

The new sanitation inspections have determined the most common finding in family child care homes is water temperatures exceeding the maximum temperature of 120° F.

Every year 3,800 injuries and 34 deaths occur in the home due to scalding from excessively hot tap water. The majority of these accidents involve the elderly and children under the age of five. Tap water burns are a leading cause of nonfatal burns. Third degree burns occur in adults if exposed to: 130° F. water for 30 seconds, 140° F. water for six seconds, and 150° F. water for two seconds. The skin of a child is much more sensitive than an adults.



To prevent injuries and to comply with Bureau of Child Care Safety and Licensure (BCCSL) requirements, turn down the thermostat on the water heater until the temperature is at or below 120° F. An alternative to turning down the thermostat on the water heater is to install *scald resistant* tempering valves on faucets used by children. A plumbing contractor may need to install these tempering valves. The cost of the tempering valve with installation ranges between \$300 and \$500. The BCCSL is currently researching more information to determine if there are other less expensive yet effective alternatives.

This newsletter is partially funded by CACFP, a USDA federally funded program. USDA prohibits discrimination in the administration of its programs.

To file a complaint, write to the Secretary of Agriculture, Washington, D.C. 20250  
Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health,  
Bureau of Nutrition and Child Care Programs, P.O. Box 570, Jefferson City, MO 65102, 800-733-6251.  
Hearing impaired citizens telephone 1-800-735-2966. EEO/AAP services provided on a nondiscriminatory basis.